

# INSPIRE TOGETHER MAY NEWSLETTER



**INSPIRE  
TOGETHER**   
A healthier, happier, future generation

# VISION AND VALUES

## OUR VISION

that every young person enjoys being active so they have the long-term benefits of a healthy, happy lifestyle.

## OUR MISSION

to provide health, wellbeing and physical activity opportunities to inspire the young people of Leicester and give them the knowledge they need to lead a healthier, happier future.

## INSPIRE

To encourage future generations to participate in and learn through sport, physical activity and healthy opportunities, promoting physical, social and emotional wellbeing.

## DEVELOP

To target inequalities, giving all young people the opportunity to learn and develop their physical skills and character, building self-belief, determination and resilience.

## EXCEL

To provide young people with opportunities they can aspire towards, equipping them with the skills and knowledge needed to achieve success and be the best they can be.

## COLLABORATE

Working within a professional network to maximise physical activity wellbeing opportunities for children and young people, through shared expertise and best practice.

Supporting the community and families, enabling them to create a positive environment for children and young people to be active, healthy and happy.

## ENJOY

Fun is at the heart of everything we do. We know positive experiences make sport, physical activity & wellbeing opportunities enjoyable for young people, enabling them to develop a lifelong positive attitude towards health & wellbeing and a determination to achieve.

 @InspireTogether  Gwendolen Road, Leicester LE5 5FT  
 @InspireTogeth3r  0116 249 1032  
 @InspireTogeth3r  inspiretogether@crownhills.leicester.sch.uk  
 @InspireTogether  www.inspiretogether.org.uk

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# HIGH QUALITY EVENTS & COMPETITION

## QUIDDITCH

This half term our Primary Schools got the opportunity to try something new, Quidditch! At the festival, they spent the morning learning the different roles and skills ready for their Quidditch game in the afternoon. The majority of the children had never played Quidditch before and it was fantastic to see the smiles on their faces.

Our develop events aim to target inequalities and give young people opportunities to learn and develop their character such as confidence, self-belief, determination and resilience. As well as improving their physiological and psychological skills in a fun, safe, supportive environment that has key values at its core and encourages a lifelong love of movement.





# HEALTH AND WELLBEING PROGRAMMES

Our Health and Wellbeing team have been busy this half term! They have been delivering a variety of sessions in Primary Schools across Leicester City. 2 of these sessions include Sparx and Energise Club. These clubs were designed by us to help children who; lack confidence, struggle with their weight, have less opportunities or are disengaged with sport. It is through the age appropriate games and excellent resources that we encourage the children to live a happy, healthy life.

In order to make these programmes future proof we are developing CPD for staff which will run alongside these clubs. This will include informative videos, something to watch out for next academic year! If you are interested in booking one of these sessions please email [sharrison@crownhills.leicester.sch.uk](mailto:sharrison@crownhills.leicester.sch.uk)

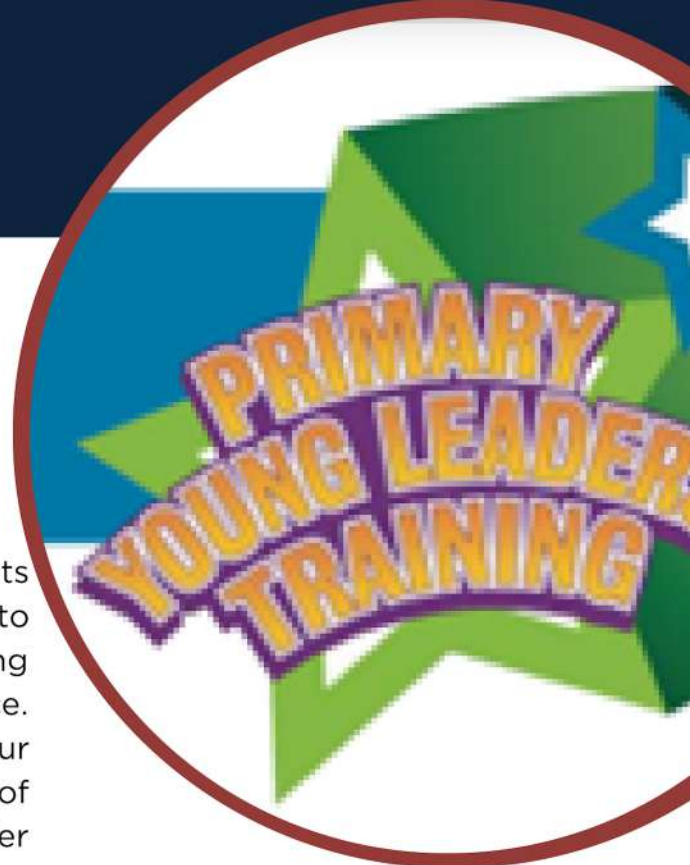


# DEVELOPING YOUNG LEADERS

## YEAR 6 LEADERS

We couldn't successfully run our Inspire Together events without the help of our Young Leaders. They help to ensure everything runs smoothly and that the young people participating get the best possible experience. This year we committed to utilise the skills of our Primary Leaders to support the younger pupils. Each of our member school's are given a resource pack in order to train their Key Stage 2 children to be leaders.

We hope by now most school have received their boxes. We have created 4 videos to go alongside these resources. Simply log into our website, using your school email and the password created for you. You will see each of the videos in the members only section of our website. We hope you enjoy the process with your young leaders!



HOME ABOUT US OUR STRANDS INSPIRE STORIES NEWS AND EVENTS RESOURCES AND CPD LOGIN CONTACT US

Home > Login

### Secure Area

To access this area we need you to login using the email address and password provided to you by the school. Please enter this information below and click login to proceed.

Email Address

Password

[Forgotten your password?](#)

**In this section**



# INCLUSION

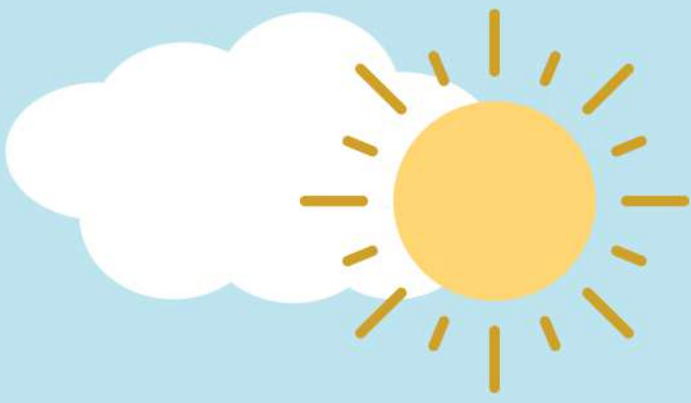
## INSPIRE EVENT GIRLS FOOTBALL

We held the Primary School FA Girls Biggest Football event at Beaumont Leys. This was with West Leicester Schools who had missed out on the opportunity last half term due to the bad weather.

This was one of our 'Inspire' events. These events aim to encourage young people to engage, participate and learn through fun sport, physical activity and healthy opportunities that interest and excite them; developing fundamental and physical literacy competencies, acquiring lifelong learning and promoting social and emotional wellbeing. In this case, it was girls who were perhaps disengaged from sport, or had low confidence.

It was the smaller, girls only group, that gave them a chance to come out their shell and enjoy themselves. they spent the morning doing a variety of drills and an afternoon full of games. It's safe to say the girls left the event feeling truly inspired.





**FREE OF  
CHARGE!**

# **FAMILY FUN FESTIVAL**

## **SATURDAY 17TH JUNE 10AM-2PM**

**COME AND HAVE A GO AT...**

- **FENCING**
- **LEICESTER TIGERS RUGBY**
- **HEALTH ADVICE AND GUIDANCE**
- **LEICESTER RIDERS**
- **BOXING**
- **LCFC HEALTHY GOALS**
- **CYCLING**
- **GOLF**
- **SPORTS AND WELLNESS**
- **ARCHERY**
- **LCFC WALKING FOOTBALL**

**SUITABLE FOR ALL AGES**



**IN COLLABORATION WITH...**



**SCAN THE QR CODE FOR MORE INFORMATION**

**Crown Hills Community College, Gwendolen Road, Leicester LE5 5FT**



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**www.inspiretogether.org.uk**